

# 3 ways to reset lost Mac password

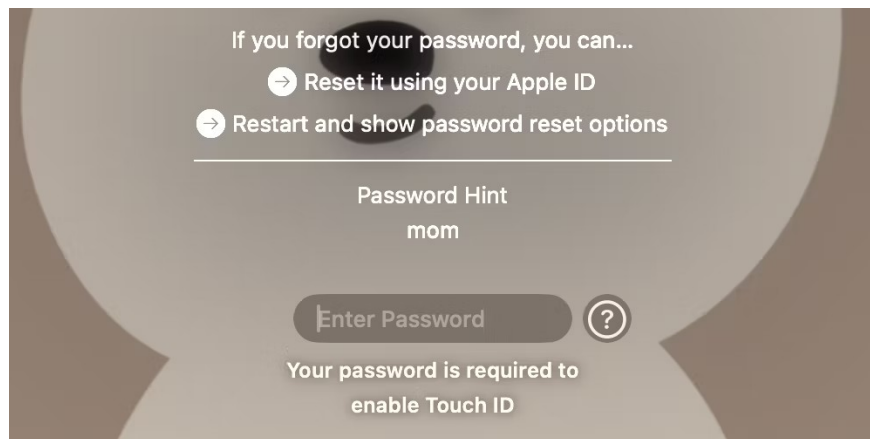
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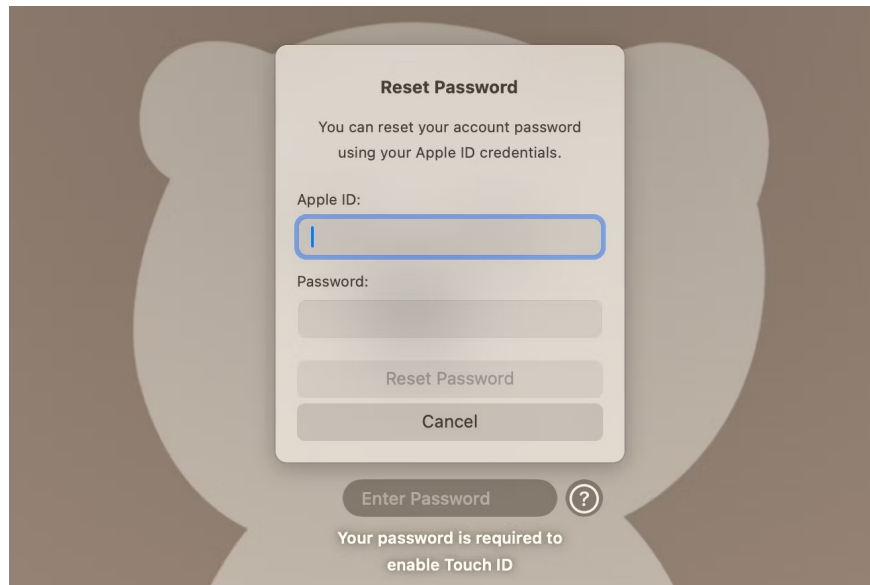
## 1. Reset using Apple ID

The easiest way to reset your Mac password is to use your Apple ID. If you enter the wrong password 3 times on the login screen, a question mark icon will appear next to the password field.

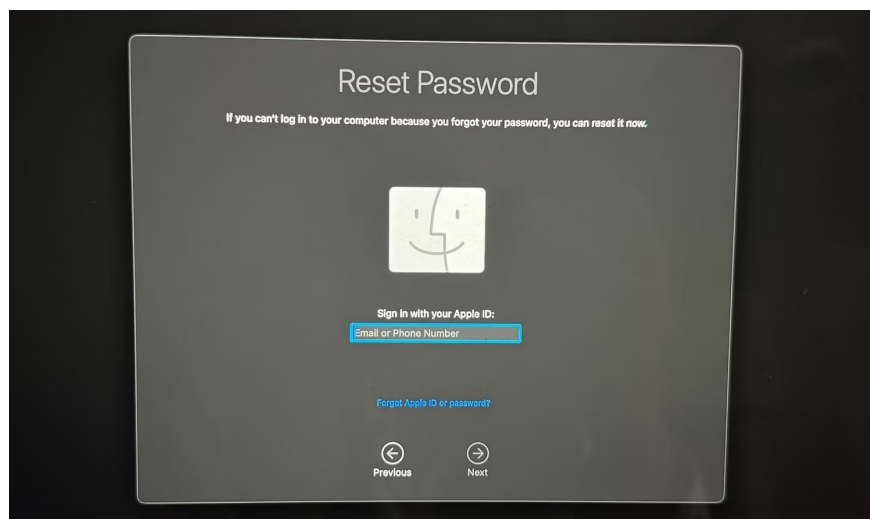
Click on the question mark (?) and you'll see two options if you forgot your password. Select **Reset it using your Apple ID** . If your computer is signed into other accounts, sign out of them to use this option.



Enter your Apple ID email address and password in the following window and click **Reset Password** . You'll receive a warning that changing your Mac admin password will create a new keychain. Click **OK** .



Now, you will be redirected to Recovery Assistant. Start by entering your Apple ID email address and clicking **Next** . Similarly, enter the password associated with the Apple ID and click **Next** .



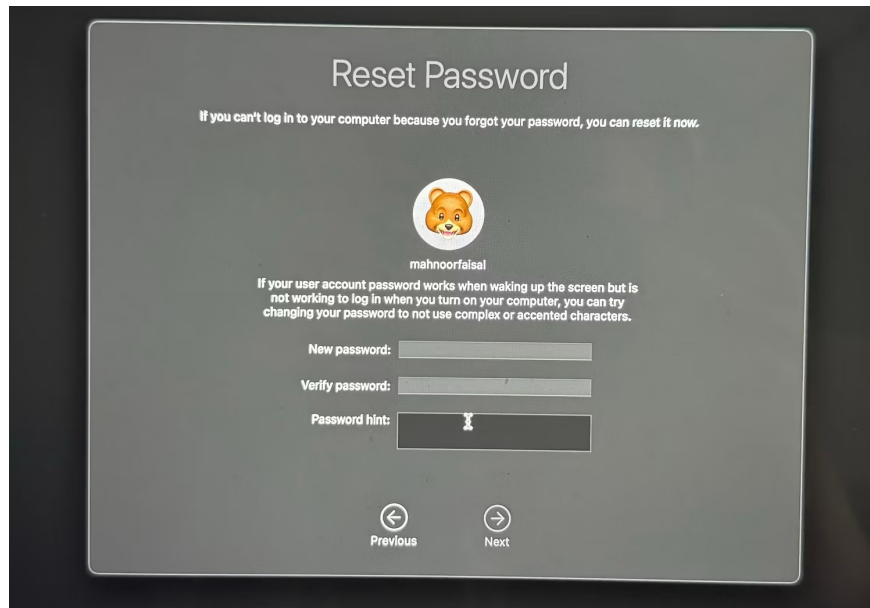
The "Apple ID Sign In Requested" pop-up window will appear on trusted devices. Select **Allow** to authenticate and receive a 6-digit code. Now enter the six-digit code on your Mac.



If there are multiple user accounts on your Mac, select the user you want to reset the login password.



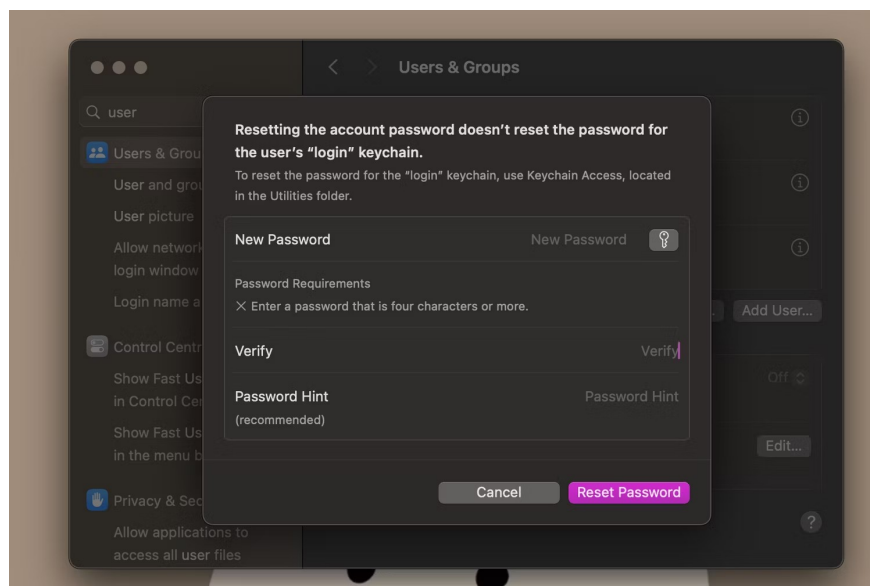
Finally, enter the new password twice and add a password hint. Once done, click **Next**.



## 2. Reset with another admin account

If you have multiple user accounts set up on your Mac, you can use another admin account to reset your password. Here's how:

1. Log in to the second admin account using that account's username and password.
2. Click the **Apple** icon on the menu bar and select **System Settings** from the drop-down list.
3. Scroll down the left sidebar and select **Users & Groups** .
4. Click the **Info icon (i)** next to the account that forgot your password and click the **Reset** button next to **Password** .
5. Enter your Mac admin password, then press the **Return** key or click **Unlock** .
6. Enter the new password twice, add a password hint, and click **Reset Password** . Then, click **OK** .



Now, log out of this admin account and log back in to the main account with the newly created password.

### 3. Reset password using macOS Recovery

If the question mark doesn't appear after entering the wrong password multiple times on the Mac login screen, try using Recovery mode to reset your Mac's password. Follow these steps.

1. Press and hold the **Power** button (or **Touch ID**) to turn off your Mac.
2. Now, press and hold your Mac's power button until you see "Loading startup options." on the screen.
3. Select **Options** and click **Continue**.
4. You will be prompted to select a user account. Click the **Forgot all passwords?** below it.
5. Sign in with your Apple ID email and password, and follow the steps mentioned previously (in the first part) to reset your Apple ID sign-in password.



Luckily, resetting your Mac login password is quite easy if you have access to your Apple account. However, if you forget your Apple ID password, you will first have to go through the process of resetting your Apple ID password.

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